



## WELCOME LETTER

Congratulations. You've made a decision to improve the quality of your life through nutrition therapy. This involves not only addressing what you eat, but also how you think and feel about food and your body. As you may have already read on my website, this is not a one size fits all approach. I will strive to understand your needs, preferences, and goals in order to offer realistic and personalized solutions for your nutrition and health concerns. Because our habits are deeply engrained, making changes that will last a lifetime occurs in stages and often takes time. Please be patient. People often wonder how many times we'll need to meet. That entirely depends on the purpose of our meeting, your goals, your readiness to change, what support systems you have in place, and many other factors. While I might not be able to answer that question definitely, here's what you can expect.

**INITIAL CONSULTATION:** Overall nutrition and eating habits assessment, computer-based analysis of 3 day food log, development of nutrition plan based on your needs, and baseline goal setting.

Please complete and fill out the following items prior to your first appointment\*. Forms can be filled out online and sent by email or post.

- 1) Payment & Cancellation Agreement
- 2) Nutrition Assessment Questionnaire
- 3) 3 Food Logs (attached in nutrition assessment)

**SUBSEQUENT SESSIONS:** Follow up sessions will include re-evaluation of your nutrition, review of goals and strategies, evaluation of follow up laboratory work (as needed), discussion about other resources that may help you meet your goals (i.e. nutritional supplements, working with a therapist, books to read, etc). Follow-up sessions may be conducted in person, via phone or email based on personal preference.

Sincerely,  
Jennifer McDaniel, MS, RD, CSSD, LD

## PAYMENT & CANCELLATION AGREEMENT

- All appointments may be paid with cash or check prior to the start of the visit.  
(Please make all checks payable to McDaniel Nutrition Therapy, LLC.)
- All appointment cancellations must be completed 24 hours in advance. Failure to cancel within 24 hours will still require half payment of the service.
- There will be a \$30.00 charge for all returned checks.
- Appointments start on time. If you are late, you can use the remaining time of your appointment but not beyond that. You will be required to pay for the entire cost of the visit.
- All packages are non-refundable.
- For any concerns, please contact via email at [mcdanielnutrition@gmail.com](mailto:mcdanielnutrition@gmail.com) or by phone at 314-413-1996.

I have read and agree to the terms of this contract \_\_\_\_\_

Your signature (virtual or handwritten).

Please return to me at initial consult or before via email, fax, or post.

EAT WELL LIVE WELL